



Oradell Public School District

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*Our children,  
our hope,  
our future*

January 2019

Dear Parent/Guardian,

The state requires physical forms to participate in intramural sports at Oradell Public School, which includes the HoOPS basketball program. If your child wants to participate in the basketball program, the forms must be **completed and returned by Friday, February 11, 2019**. Any student who has not returned the physical forms by the required date **cannot** participate in the HoOPS program. These forms can be found on the OPS site:

\*\*\*On home page, please go to **Our School** then click on **Nurse's Office**.

At the bottom of the page there is a link to **Health Information For Students Entering 6th Grade**. **Under that link you can find the HoOPS forms.**

There are two parts to the Athletic Pre-Participation Physical Examination forms. The first part is the History Form, which is to be completed by the parent/guardian, and the second part is the Physical Examination and Clearance forms which are to be completed by the physician. **Both parts need to be taken to your physician. Then return the forms to the Nurses' Office as soon as they are all completed.**

Note: Per NJ State Guidelines, if the History Form was completed before January 2019, another History Form will need to be completed by the parent

The Physical Examination and Clearance has to be conducted within 365 days prior to the first day of HoOPS, using the state required forms.

New State regulations require students and parents to sign the paperwork regarding Sudden Cardiac Death and Sports Related Concussion and Head Injury. Each form requires a separate signature. These signed forms must be returned along with the History, Physical, and Clearance forms.

\*\*\* If you have already submitted the Athletic Pre-Participation Physical and Clearance Forms for this school year, you do not need to submit new forms unless it was completed more than 365 days prior to the start of the basketball program. However, you still must submit a new History Form if it was completed before January 2019.

\*\*\* Please see **Checklist** that is attached to ensure all completed items are submitted on time. Please return all completed documents, including the HoOPS permission slip, when all checklist items are completed.

If you have any questions, please call the Health Office at 201-261-1180 x4121

Thank you,  
*Gina Marana, RN, BSN*  
School Nurse